

Falafels

Ingredients

- 1.2kg canned chickpeas, drained
- 2 red onions, chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon ground paprika
- 2 tablespoons crushed garlic
- 3 cups fresh coriander, finely chopped
- 1.5 cups fresh parsley, finely chopped
- $\frac{3}{4}$ cup self raising flour
- 4 eggs, lightly beaten

Serves: 20

Prep Time: 30 mins

Cook Time: 20 mins



Method

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. In a food processor, blend chickpeas and onion until combined. Alternatively, mash chickpeas and stir through finely diced onion.
3. Transfer mixture to a mixing bowl and stir through spices, garlic, fresh herbs, flour and egg.
4. Roll heaped tablespoons of mixture into balls and then flatten slightly. Place on baking tray, cover and refrigerate for 20 minutes or until ready to cook.
5. To cook, bake in oven until golden brown on both sides (approximately 10 minutes on each side), or cook in a frying pan sprayed with oil until browned on each side.

Recipe notes:

Serve these felafels for morning tea with a tzatziki dip, or serve at lunch in wraps or pitas with tzatziki and chopped lettuce, cucumber and tomato. Remember to check food labels for allergens.

| Food Group | Serves per recipe | Serves per portion |
|----------------------------|-------------------|--------------------|
| Vegetables | 25 | 1.2 |
| Fruit | 0 | 0 |
| Grain foods | 3.5 | 0.2 |
| Lean meat and alternatives | 10 | 0.5 |
| Milk, yoghurt and cheese | 0 | 0 |